



Introduction to Eat Smart. Play Hard.™ Power Panther Scripts



Background

Eat Smart. Play Hard.™ is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be active using MyPyramid. Power Panther helps to communicate the Eat Smart. Play Hard.™ Campaign messages in a fun and entertaining way for children, parents, community groups and other caregivers.

To make your job easier, we have developed three ready-to-use scripts that you can use to introduce Power Panther and at the same time convey practical actionable tips that kids and parents can put into practice.

Summary of Scripts:

Script 1

Eat Smart. Play Hard.™ With MyPyramid – This script for community events introduces parents, kids and community groups to Power Panther and provides an overview of MyPyramid for Kids' key messages. It conveys these messages and introduces Eat Smart. Play Hard.™ in a kid-friendly, interactive and, engaging format and only requires about 15 minutes to complete. It includes an optional physical activity, "Power-Up Moves," that kids and adults will enjoy!

Script 2

Power Panther Takes Eat Smart. Play Hard.™ To Schools

In a lively, interactive session, school-age children are introduced to Power Panther who encourages them to embrace healthy eating and physical activity behaviors. Power Panther also conveys the importance of eating breakfast.

Script 3

Learn To Eat Smart. Play Hard.™ With Power Panther

The audience is introduced to the Eat Smart. Play Hard.™ Campaign and it's spokescharacter, Power Panther. This script can be tailored for use with children and their caregivers in a variety of settings. The interactive format should generate an exciting and engaging learning experience for participants.